



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #3

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST					Parfait
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Peaches- canned, unsweetened	Orange Slices- fresh	Pears- canned, unsweetened	Banana- fresh	Blueberries- frozen, unsweetened
Grains/Bread Component 5x Whole Grain, 0x sweet	Whole Wheat English Muffin (WG)	Oatmeal (WG)	Whole Wheat Toast (WG)	Whole Grain Life cereal (WG)	Cheerios cereal (WG)
Other Foods 3x Meat/Meat Alternate	Sun Nut Butter		Scrambled Eggs		Yogurt
LUNCH	Beef Stroganoff	Baked Chicken Legs	Spaghetti with Meat Sauce	Grilled Cheese Sandwich	Macaroni and Cheese with Turkey Sausage (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Broccoli- frozen	Carrots- frozen	Green Beans- frozen	Broccoli- fresh; Tomato Soup- canned	Spinach- frozen
	Fruit Cocktail- canned, unsweetened	Mashed Potatoes- dried	Banana- fresh	Apple Slices- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Egg Noodles	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Elbows
Meat or Meat Alternate 1x highly processed	Beef	Chicken Legs	Ground Beef	Cheese	Turkey Sausage, Cheese
Other Foods		Low-Fat Gravy	Spaghetti Sauce, Garlic Bread Stick	Low-Fat Ranch Dressing	Cornbread
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Sun Nut Butter Crackers	
Fluid Milk	Skim Milk			Fat Free Chocolate Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Pineapple- canned, unsweetened	Orange Slices- fresh		Applesauce- unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Grain Rice Chex cereal (WG)	Mini Bagel		Whole Wheat Saltine Crackers (WG)	Pumpkin Bread (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate			Mozzarella Cheese Stick	Sun Nut Butter	
Other Foods		Low- Fat Cream Cheese			

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Biscuits and Gravy			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Orange Wedges- fresh	Pineapple Chunks- canned, unsweetened	Banana- fresh	Pears- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Oatmeal (WG)	Biscuits	Whole Grain Chex cereal (WG)	Whole Wheat English Muffin (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate		Gravy		Scrambled Eggs	Cottage Cheese
LUNCH	Chicken Spaghetti Casserole	Beef Sloppy Joes (HM)	Turkey and Cheese Sub Sandwich	Beef Stew (HM)	Vegetable Lasagna (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Broccoli- frozen	Green Beans- canned	Carrot Sticks- fresh	Mixed Vegetables- frozen	Spinach, Zucchini- frozen; Mixed Green Salad- fresh
4x fresh	Apricot Halves- canned, unsweetened	Banana- fresh	Apple Slices- fresh	Peaches- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Spaghetti (WG)	Whole Wheat Hamburger Bun (WG)	Hot Dog Bun	Cornbread	Lasagna, Whole Wheat Breadstick (WG)
Meat or Meat Alternate 0x highly processed	Chicken	Ground Beef	Turkey, Cheese	Beef	Cheese
Other Foods		Sloppy Joe Sauce	Low-Fat Ranch Dressing		Low-Fat Salad Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Sun Nut Butter Sandwich				
Fluid Milk	Skim Milk	Skim Milk			Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Cucumbers- fresh	Orange Wedges- fresh		Banana- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Bread (WG)		Animal Crackers	Graham Crackers	Cheerios cereal (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Sun Nut Butter			Cherry Yogurt	
Other Foods		Low-Fat Ranch Dressing			

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WEEK OF Week 3

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Berry Pancakes		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Pineapple- canned, unsweetened	Orange Wedges- fresh	Mixed Berries- frozen, unsweetened	Banana- fresh	Apple Slices- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Mini Bagel	Whole Wheat Pancakes (WG)	Cheerios cereal (WG)	Whole Wheat English Muffin (WG)
Other Foods 2x Meat/Meat Alternate	Hardboiled Egg	Sun Nut Butter	**no syrup**		
LUNCH	BBQ Chopped Chicken (HM)	Beef Taco Salad	Baked Cajun Fish	Chicken Strips (CN)	Beef and Cheese Burrito (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Baked Beans- canned	Lettuce, Tomatoes- fresh	Carrots- frozen	Green Beans- frozen	Mixed Green Salad- fresh
5x fresh	Apple Slices- fresh	Pears- fresh	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Hamburger Bun (WG)	Whole Grain Tortilla Chips (WG)	Brown Rice (WG)	Breading (CN)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 1x highly processed	Chicken	Ground Beef	Fish	Chicken Strips (CN)	Ground Beef, Cheese
Other Foods	BBQ Sauce		Cajun Seasoning		Low-Fat Ranch Dressing
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	Skim Milk				
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Broccoli- fresh	Peaches- canned, unsweetened		Orange Wedges- fresh	Carrots- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet			Whole Wheat Saltine Crackers (WG)	Whole Wheat Soft Pretzels (WG)	Whole Grain Tortilla Chips (WG) (sweet)
Meat or Meat Alternate 3x Meat/Meat Alternate		Cottage Cheese	Cheese Cubes		Bean Dip
Other Foods	Low-Fat Ranch Dressing				

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Berry Waffles	Cheese Bagel	Cinnamon Toast		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Mixed Berries- frozen, unsweetened	Pineapple- canned, unsweetened	Apple Slices- fresh	Oranges- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Waffles (WG)	Mini Bagel	Whole Wheat Toast (WG)	Whole Grain Life cereal (WG)	Whole Wheat English Muffin (WG)
Other Foods 2x Meat/Meat Alternate	**no syrup**	Cheese Slice	Cinnamon		Hardboiled Egg
LUNCH	Beef Chili (HM)	Tuna Noodle Casserole	Chicken Tetrazzini	Whole Grain Cheese Pizza (CN)	Chicken and Cheese Burrito (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrot Sticks- fresh	Spinach- frozen	Broccoli- fresh	Green Beans- canned	Lettuce, Tomatoes- fresh
4x fresh	Orange Wedges- fresh	Applesauce- unsweetened	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Saltine Crackers (WG)	Egg Noodles, Cornbread	Whole Wheat Spaghetti (WG)	Whole Wheat Pizza Crust (CN) (WG)	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef, Chili Beans	Tuna	Chicken	Cheese (CN)	Chicken, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk	Fat Free Chocolate Milk			Skim Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Tropical Fruit- canned, unsweetened		Broccoli- fresh	Apple Slices- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Animal Crackers	Mini pretzels	Whole Wheat Saltine Crackers (WG)		Whole Wheat Goldfish Grahams (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate			Cheese Cubes		Sun Nut Butter
Other Foods				Low-Fat Ranch Dressing	